**Monday**

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| **SESSION 1** | **SESSION 2** |
| **Functional literacy and numeracy**  Learning outcomes   * ASDAN accreditation   *Demonstrate an interest in texts*  *Engage in activities relating to counting in whole numbers* | **Sporting activities**  Learning outcomes   * ASDAN accreditation   *Take part in activities that contribute to keeping themselves healthy*  *Take part in different sporting activities* |
| Objective:  **Literacy**   1. Start off the session by reading a book of your choice. 2. <https://www.bbc.co.uk/bitesize/topics/zxfyjty/articles/zcyfsg8> Explore alphabetical order- can you order the words in the activity? 3. Can you write your name?   **Numeracy**   1. Begin to look at simple number line sums. 2. <https://www.bbc.co.uk/bitesize/topics/zknsgk7/articles/z3t94j6> 3. Can you make up 2 sums of your own? | Objective:  Find a space at home to take part in a workout.   1. Warm up:   <https://www.youtube.com/watch?v=LIgx9nbIpWA>   1. Choose a workout to complete. Here are some ideas you might like to try.   <https://www.youtube.com/watch?v=5nZ2iBGvFhE>  <https://www.youtube.com/watch?v=q20pLhdoEoY>   1. Cool down stretches:   <https://www.youtube.com/watch?v=RDsdplsAqK8>   1. Can you create your own workout? Have a look at the Springwater School YouTube channel for some ideas.   <https://www.youtube.com/watch?v=s-3KwZ5XvLI&t=33s> |

**Tuesday**

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| **SESSION 1** | **SESSION 2** |
| **Preparing food and drinks**  Learning outcomes   * ASDAN accreditation   *Take part in preparing a variety of snacks*  *Follow basic safety rules when preparing snacks.* | **Growing and caring for plants**  Learning outcomes   * ASDAN accreditation   *Take part in activities to grow and care for plants* |
| Objective:   1. Watch and listen to the videos for making toast for yourself and your family. <https://www.youtube.com/watch?v=YZrfsu6rzPE> 2. Think about the steps you need to do to make the toast. Can you put this in the right order?   <https://www.tes.com/teaching-resource/how-to-make-toast-11648110>   1. What do you need to do to make sure this is done safely? | Objective:   1. What do plants need to grow?   <https://www.youtube.com/watch?v=tkFPyue5X3Q>   1. Can you create a helpful poster about how to grow plants? 2. Online quiz:   <https://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/zxxsyrd> |

**Wednesday**

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| **SESSION 1** | **SESSION 2** |
| **Learning for life** | **Creative activities**  Learning outcomes:   * Q Arts Award * ASDAN accreditation   *Take part in different new creative activities* |
| Objective:   1. Let’s explore where we live, the UK. <https://www.bbc.co.uk/bitesize/topics/zyhp34j/articles/z4v3jhv> 2. Explore key facts about Wales. Can you find out some more?   <https://primaryfacts.com/4890/10-facts-about-wales/#:~:text=1%20Wales%20is%20part%20of%20the%20United%20Kingdom.,there%2C%20as%20well%20as%20the%20singer%20...%20>   1. Create a poster to share information about Wales. You might like to find pictures on the internet, draw your favourite fact or come up with something to share. | Objective:   1. Find out how rainbows are made: <https://www.youtube.com/watch?v=nCPPLhPTAIk> 2. Create your own rainbow art either with handprints, collage, pens, paints or colouring pencils.   [Gorgeous Handprint Rainbow Painting - Kids Craft Room](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fkidscraftroom.com%2Fhandprint-rainbow-painting%2F&psig=AOvVaw1Yyz_-sB9xe3H25pD1takn&ust=1606226447552000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKj5y_3pmO0CFQAAAAAdAAAAABAG) |

**Thursday**

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| **SESSION 1** | **SESSION 2** |
| **Developing independent living skills: being healthy**  Learning outcomes:  ASDAN accreditation  *Take part in activities that contribute to keeping themselves healthy.* | **Caring for the environment**  Learning outcomes:   * John Muir award * ASDAN accreditation   *Take part in an activity to improve their local environment* |
| Objective:   1. Explore why brushing your teeth is so important. <https://www.healthforkids.co.uk/staying-healthy/looking-after-my-teeth/> 2. Watch and listen Caroline’s video on brushing teeth. <https://www.youtube.com/watch?v=lyLdFxOFAKg> 3. Use the teeth brushing chart to record when you’ve brushed your teeth. | Objective:   1. Have a nature walk in your garden, use this scavenger hunt what can you find?   <https://www.highspeedtraining.co.uk/hub/wp-content/uploads/2014/12/environmental-awareness-worksheet-scavengerhunt.pdf> |

**Friday**

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| **SESSION 1** | **SESSION 2** |
| **Developing independent living skills: keeping safe**  Learning outcomes   * ASDAN accreditation   *Recognise key factors in keeping themselves safe* | **Headspace and mindfulness**  Learning outcomes   * ASDAN accreditation   *Take part in activities that contribute to keeping themselves healthy.* |
| Objective: Follow simple safety routines.   1. If you can go for a walk as part of your daily exercise, try using different crossings if you can find them – a pelican crossing, a zebra crossing or any others. Please take photos of you crossing the road safely. If you are staying at home, practice the steps at home or in the garden, show an adult or a sibling how you would cross the road safely. 2. Make a road safety poster and stick it in the window of your house – you could do this on a computer or draw it or cut out pictures from magazines. 3. Watch this road safety video   <https://www.nidirect.gov.uk/articles/road-safety-seven-11-year-olds>  Friday is Bakery Café Day too so sit with your family and have a nice cuppa and snack – maybe do some baking too? | Objective: To practice relaxation techniques  Last week, you looked at the 5-finger breathing technique to help you relax, especially if your feelings start become big and feel overwhelming.   1. Try some mindfulness meditation this week:   <https://www.youtube.com/watch?v=Bk_qU7l-fcU>   1. Choose an activity that you find relaxing and plan to do this activity regularly to help you feel relaxed. This might be having a hot drink, a bubbly bath or listening to music. Make this activity part of your daily routine. |